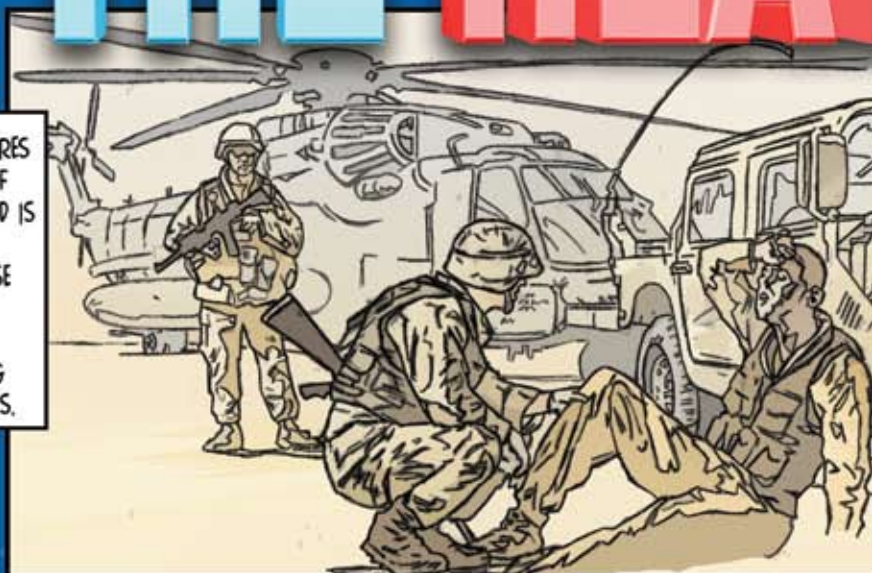


BEAT THE HEAT

SUMMER IN THE DESERT CAN BRING TEMPERATURES ABOVE 110 DEGREES, INCREASING THE PROBABILITY OF HEAT-RELATED INJURIES. THOUGH STAYING HYDRATED IS ONE OF THE EASIEST WAYS TO COMBAT THESE INJURIES, IT'S OFTEN DIFFICULT FOR AIRMEN WHOSE WORK ENVIRONMENT REQUIRES THEM TO WEAR PROTECTIVE EQUIPMENT. IN THESE CASES IT'S EVEN MORE IMPORTANT TO BE AWARE OF THE WARNING SIGNS AND WAYS TO TREAT HEAT-RELATED INJURIES.



DEHYDRATION



WARNING SIGNS: DIZZINESS, HEADACHE, DRY MOUTH

TREATMENT: IN CASES OF MILD DEHYDRATION, SIMPLE REHYDRATION IS RECOMMENDED BY DRINKING FLUIDS. FOR MODERATE DEHYDRATION, INTRAVENOUS FLUIDS MAY BE REQUIRED. CASES OF SERIOUS DEHYDRATION SHOULD BE TREATED AS A MEDICAL EMERGENCY, AND HOSPITALIZATION MAY BE REQUIRED.

HEAT EXHAUSTION



WARNING SIGNS:

DIZZINESS, WEAKNESS, HEADACHE, DRY MOUTH, NAUSEA, MUSCLE CRAMPS, SPASMS, WEAK PULSE, COOL, MOIST SKIN/PROFUSE SWEATING, PALE FACE, NORMAL BODY TEMPERATURE

TREATMENT: TAKE SIPS OF WATER, REST IN SHADE/COOL AREA, LOOSEN/OPEN CLOTHING, COOL BODY BY SPRINKLING WITH WATER OR FANNING, TREAT FOR SHOCK, SEEK MEDICAL ATTENTION.



HEAT STROKE

WARNING SIGNS: HEADACHE, DIZZINESS, RED FACE/SKIN, HOT, DRY SKIN, STRONG, RAPID PULSE, HIGH BODY TEMPERATURE

TREATMENT: MOVE TO COOL AREA, LOOSEN/OPEN CLOTHING, COOL BODY BY SPRINKLING WITH WATER/FANNING, GIVE COOL WATER TO DRINK, SEEK MEDICAL ATTENTION, TREAT FOR SHOCK.